

GECAC TRI-BORO SENIOR CENTER

7555 West Ridge Road, Fairview, PA 16415 – Phone: (814) 474-2211

Open Tuesday through Friday from 9:00am-3:00pm

Alex Celeski, Senior Center Director

Linda Reilly, Senior Center Assistant & VOLUNTEERS like YOU!

May 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- H&K Donuts provided by Interim Health!
- Senior Meet Up at Crossroads Dinor (in Edinboro) on Monday May 12th at 11:00am!
(Senior Deal: \$5.00 OFF)
(Address: 101 W Plum St, Edinboro, PA 16412)
- Older Americans Month Event—Music: Matt Boland!
- Speaker: Alan McGrill w/ the PA Atty General's Office!

MEAL DONATIONS

An **anonymous \$2.00 donation** is encouraged per visit (see Pages 2 & 3 for more details).

WHAT WE OFFER

- Affordable Lunch (4 Days Per Week)
- Arts & Crafts (Every Tuesday at 10:15am)
- Bingo (Wednesdays and Thursdays)
- Tai Chi (Every-Other Wednesday at 11:00am)
- Greenhouse (Year-round) & Farmers' Markets (Summer)
- Guest Speakers & Therapy Dogs (see Page 4's calendar)
- Parties & Lunch Meet-Ups AROUND ERIE COUNTY!

Project Linus



Thank you to our volunteers making blankets and donating materials for **Project Linus**.

The GECAC Tri-Boro Sr. Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by PA Department of Aging.

Dr. Ben D. Wilson, GECAC CEO
Ray Maholtz, Area Agency on Aging Division Mngr.

GECAC CELEBRATES OLDER AMERICANS MONTH!



MONTHLY BOOK CLUB

May's Book: "LAND"
by Simon Winchester

Join our Private Facebook Group!



SEARCH FOR AND REQUEST TO JOIN

"GECAC TRI-BORO SENIOR CENTER"

(be safe and ask for help, where needed).

HOW YOU CAN HELP

- Volunteer! (Ask us about our RSVP Program!)
- Cans of Soda (Diet, Regular, Zero Calorie)
- Snacks (Party-size bags or pre-packaged)
- Thank You Cards & Sympathy Cards
- New Batteries (AA, AAA, C, D, 9-Volt, Watch)
- Art Supplies for Crafts, Project Linus, or Yearbook

Monthly MEDICARE MINUTE and other HELPING SERVICES are on PAGE 2

Have questions about GECAC senior services?



GECAC SENIOR HELPLINE: If you are in need of In-Home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, or PA-MEDI, call **(814) 459-4581 ext. 400**

All seniors (age 60 or older) living in any part of Erie County, PA may utilize this center's services.





UPCOMING EVENTS

Welcome to May, Tri-Boro Members!

This month we venture to Edinboro for a Senior Meet Up at The Crossroads Dinor (on the corner of Routes 99 & 6N)!

The PA Dept. of Revenue returns to assist more with Property Tax & Rent Rebates!

We will celebrate **Older Americans Month** with a free event (donations encouraged) here on Friday May 23rd! Erie's own Matt Boland (a.k.a. Matty B.) will do a live guitar performance on the history of music (playing us through the decades)! We'll also have discounted coffee that day, snacks, and a bingo game with \$10.00 gas cards as prizes! All this & MORE! (see Page 4 for dates/times/& more details)

How do your donations and fundraising dollars help our center?

Meal Donations ("FOOD" bin at sign-in station) help to offset the cost of meals. On average, the actual cost of the meal is over \$5.00. Meal donations also help to maintain kitchen appliances and other emergency repair costs. All donations of any kind are greatly appreciated.

Booster Donations / Fundraising Dollars ("FUN" bin at sign-in station) help to pay for parties, snacks, entertainment, Tai Chi classes, guided meditation sessions, and more. They also help to pay for various programming opportunities and related expenses.

These dollars are vital to your programming options and enjoyment of the Center.

Donations and Fundraisers are all voluntary. However, please continue to support your Center by whatever means you are able.

Our Senior Centers and their services mean so much to so many seniors. Your support goes a long way towards helping your Center continue to offer programming and services.



LUNCH INFO

LUNCH IS SERVED @ 12:00pm/NOON

FOR SENIORS 60 YRS & OLDER.

A \$2.00 DONATION IS ENCOURAGED.

PLEASE SIGN UP FOR MEALS

TWO WEEKS IN ADVANCE.

*HOLIDAY PARTIES REQUIRE

PRE-PAID TICKETS*

Tuesdays:

CRAFTS w/ KERRY @ 10:15am

Wednesdays:

TAI CHI @ 11:00 (alternating)

BINGO @ 11:30am (11:15 cutoff)

Thursdays:

Chocolate Bingo @ 9:30am

Arthritis Exercise @ 10:30am

Magic Bingo ASAP after lunch



THE MEDICARE MINUTE

BeneLynk:

I have received calls from beneficiaries regarding interactions they had with a program called **BeneLynk**. Many are concerned that this could possibly be a scam. No worries, Benelynk is a national care vendor for certain managed care companies. They serve people after they have already decided to enroll into a Medicare Advantage plan. Once in the plan, if it appears they are eligible for Extra Help, SNAP, Medicaid and the Medicare Savings Program (MSP), they assist with the initial application and annual renewals.

How do they differ from PA MEDI?

PA MEDI also assist beneficiaries with the application process for Extra Help, also known as the Low Income Subsidy Program, SNAP, Medicaid and MSP. We also assist with Medicare plan comparisons and enrollment. PA MEDI provides information about Medicare plans and Fee for Service Plans. We explain the difference between the two and help you navigate through the process of choosing what will work best for your health care needs. PA MEDI can help with billing questions, issues and the appeals process.

SOME HELPING SERVICES IN ERIE COUNTY:

The EMTA Senior LIFT.....814-456-2299

Fairview Fire & Rescue.....814-474-5091

The Independent Council on Aging.....814-835-7485





TRI-DOKU

(Our monthly **Sudoku** game!):

					9	6		
	7	6	4	3		2	8	1
4				7	6	9	3	
				9	8			
				6	3			8
				1		3		
3	9	4	6			8	7	2
		8	9	4	7	1		3
		1		8	2			

OUR GENERAL PROGRAMMING HOURS

Our **general programming** hours are essentially hours without set-events or guest speakers. However, they are great hours for socializing over coffee with other seniors or utilizing our center's other features at your leisure!

These other features include:

- Computer & WiFi Internet Access
- Treadmill (**must** sign form)
- Shuffleboard & Tabletop Bowling
- Arts & Crafts (we have many crafting materials which are free to use any time outside of our scheduled crafts)
- Crocheting Blankets (This includes those donated to **Project Linus—stop inside for more details**).
- Play a tune on our Electric Organ!
- Board Games & Card Games
- A Selection of 300-Plus-Piece Puzzles
- **Greenhouse** and/or **Volunteer Work**

Sudoku Rules

- You can use only numbers from 1 to 9.
- Each 3×3 block can only contain numbers from 1 to 9.
- Each vertical column can only contain numbers from 1 to 9.
- Each horizontal row can only contain numbers from 1 to 9.
- Each number in the 3×3 block, vertical column or horizontal row can be used only once.
- The game is over when the whole Sudoku grid is correctly filled with numbers.

MONTHLY JOKE

Why do bees have sticky hair?
Answer: Because they use honeycombs.

BIRTHDAYS

- Fri. 5/2: Lisa Backmeier
- Mon. 5/21: Rose Johnson
- Fri. 5/30: Patti Wilder
- **Birthday Dessert w/ lunch on Tuesday May 13th! (ice cream sundaes!)**



(\$) COFFEE PRICES & MORE (\$)

During all hours of operation, our center offers:

- **A FREE snack bag per-day** for each senior.
 - **Coffee** (regular or decaf) for 50 cents per cup.
 - **Soda** (diet, regular, or zero calorie) for \$1.00 per can.
 - **Styrofoam To-Go Boxes** for 25 cents. (must sign GECAC AAA Meal Agreement form prior)
 - **Bingo Daubers** for sale at \$1.00 each.
 - **Christmas-Cactus Seed Starters** at \$3.00 each.
- (ALL PROCEEDS GO TOWARDS FUN FUND)

TRI-BORO'S May '25 LUNCH MENU & EVENTS

(Always Subject To Change ~ Check Local Weather Reports for Closures)

Senior Meet-Up at The Crossroads Dinor!

Meet us there at 11:00am on Mon. May 12th!

Senior Deal: \$5.00 OFF!

(101 W Plum St, Edinboro, PA)



May is Older Americans Month!

Come celebrate with us at our

O.A.M. Event
on Fri. May 23rd!



C L O S E D	Tue.	Wed.	Thurs.	Fri.	C L O S E D
	6. Chicken Legs 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30 H&K Donut Dessert from Interim Health	7. Country Fried Steak 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming	8. Chicken & Noodles 9:30 Chocolate Bingo (free) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers) 1:30-3 General Programming	9. Stuffed Pepper Property Tax & Rent Rebate Assistance in Craft Room from 10am-1pm 9-11:45 General Programming 10:30 Wii Bowling on TV 12-12:30 Lunch 12:30-3 General Programming	
	13. Chicken Salad w/ Pita + Birthday Ice Cream 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch + Birthdays 12:30-3 General Programming	14. Meatball Sub 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:30 Healthy Snacks & Facts w/ AdagioHealth	15. Taco Salad 9:30 Chocolate Bingo (free) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers) 1:30-3 General Programming	16. Swedish Meatballs 9-11:45 General Programming 10 Qwirkle (Board Game) 12-12:30 Lunch 12:30 Blood Pressure Screenings with Linda	
M O N D A Y S	20. CLOSED for Election Day	21. Chicken Cordon Bleu 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming Therapy Dog from 9:30-2:00!	22. Salisbury Steak 9:30 Chocolate Bingo (free) 10 ROUTINE FIRE DRILL 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (with 5 Magic Numbers!) 1:30-3 General Programming	23. Breaded Cod + Dessert OLDER AMERICANS MONTH EVENT! 9-11:15 Snacks and 25-Cent Coffee 11:15 Gas Card Bingo (\$2.00/ticket) 12-12:30 Lunch + Dessert 12:30 Music: Matt Boland (a.k.a. Matty B.) Presents: A History of Music LIVE ON GUITAR	S A T &
	27. Sausage Sub 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 General Programming	28. Ox Roast 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:30 Speaker: Alan McGill w/ the PA Atty General's Office "Working Undercover"	29. Stuffed Cabbage 9:30 Chocolate Bingo (free) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers) 1:30-3 General Programming	30. Tuna Salad (Soft Pretzels for Sale for \$2.00) 9-11:45 General Programming 10:30 Tabletop Bowling on Shuffleboard Table 12-12:30 Lunch 12:30-3 General Programming	S U N